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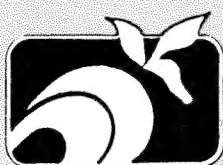
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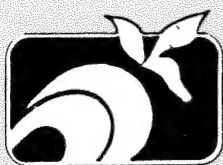
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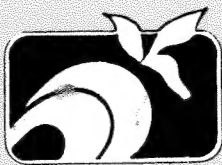
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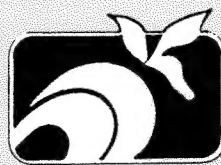
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# Coaching Soccer



A PRACTICAL GUIDE FOR THE  
BEGINNER SOCCER COACH



A RESOURCE TO SUPPLEMENT THE LEVEL 0 COACHING COURSE



## AUSSIE SPORTS ARE GOOD SPORTS

The AUSSIE SPORT Program, an initiative of the Australian Sports Commission, focuses on children and adolescents between the ages of 9 and 18 years in schools and in over 3000 community groups through the AUSSIE SPORT Club program.

AUSSIE SPORT aims to:

- \* improve the quality, quantity and variety of children's sport;
- \* encourage participation and skill development;
- \* reduce the emphasis on 'win at all costs' and promote enjoyable and satisfying competition through participation;
- \* provide all children with the opportunity to participate in sporting activities;
- \* promote the principles of good sporting behaviour;
- \* ensure that effective sport instruction is available to all Australian children.

AUSSIE SPORT offers resources and advice for the conduct of sport sessions, to make life easier for teachers and coaches, sport more meaningful for children, and of course, more enjoyable for everybody.

This book, and others in the AUSSIE SPORT Coaching series, has been designed to assist the beginner coach in a variety of modified sports. The series has been produced with the support of the Australian Sports Commission.

Endorsed by the Australian Coaching Council as an approved Level 0 Coaching Manual

Produced with the financial assistance of the Australian Sports Commission

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This book was written by Steve Darby, National Development Officer and Ron Smith, Head Coach of the Australian Institute of Sport Soccer Squad, with support from Peter Hugg.

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# Coaching Soccer

This book has been written for the beginner soccer coach. It is not a substitute for attending a National Coaching Accreditation Scheme (NCAS) Level 1 Coaching Course or a non-accredited Level 0.

We highly recommend that coaches attend these courses to develop their knowledge of soccer and make their coaching more effective and fun for the young players.

The following have contributed to the production of this book:

Alan Vessey, ASF National Executive Director  
Mike Wells, ASF National Coaching Director  
Eddie Thomson, Les Scheinflug, Raul Blanco, National Coaches  
State Coaching Directors  
National Women's Soccer Teams  
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Keith Gilmour, Aust. Soccer Weekly

**Endorsed by AUSSIE SPORTS and  
the Australian Coaching Council Inc  
as a Level 0 Coaching Manual**

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Australian Coaching Council  
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**AUSTRALIAN  COMMISSION**



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## Foreword

This new coaching booklet will serve as an excellent resource to complement the Aussie Sport Level 0 Soccer Coaching Course. The beginner coach is an essential ingredient in the development of the young player and the practises and drills in this booklet will give the coach a wide range of ideas to make soccer practice fun and enjoyable for the players.

***Eddie Thomson, National Coach***

More and more young girls are playing soccer in the nineties and many female primary school teachers are having to coach a sport they have not played. This coaching booklet will allow the primary teacher-coach to have well planned sessions where the players are totally involved in skill related activities.

***Anissa Tann, Captain of Australian Women's Soccer Team  
and Physical Education Teacher***

# What is Soccer?

Soccer, derived from the term Association Football, is the most popular game in the world, being played in 150 countries. In Australia, it is the most popular junior football code with over 300,000 children playing all over the country.

Soccer is a team game in which all the players apart from the goalkeeper must control or pass the ball with any part of their body except their hands and arms. The majority of the time the ball is kicked.

The aim of the game is to score a goal by placing the ball past the opponent's goalkeeper into the goal. Any player can score a goal but it requires the players to work together as a team to be truly successful.

The game involves ball skills, running, and physical contact and, in the goalkeeper's case, handling skills. In senior soccer, a team consists of eleven players but juniors are encouraged to play Roo Ball with fewer players on a smaller pitch. This enables each player to have more ball contact and greater involvement.

Experienced coaches and teachers appreciate that the universal appeal of the game of soccer is its simplicity. Games can be organised easily and quickly, without many of the formalities involved in an adult match. All that is required is a ball, a safe and reasonably flat playing surface, two improvised goals and a few players.

Soccer has been played in Australia since at least 1880 with our national teams meeting with increasing successes in recent times. Australia won through to the World Cup Finals in 1974 and the women's team participated in the first World Cup for women in 1988. Our women's team is presently rated in the top eight nations.

The Australian Soccer Federation runs four national teams, the Joeys (Under 17), the Youth team (Under 20), the Olympic team (Under 23) and the Socceroos, all of which play in the FIFA World Cup competitions. The Australian Women's Soccer Association also runs three national teams, the Unders 16s, the Under 19s and the female Socceroos who play in the Women's World Cup. Every young player has a chance to play in these teams by being seen in the highly organised talent identification scheme.

Roo Ball was developed by the Australian Soccer Federation because of the concerns about young children playing the adult version of the game. The field dimensions, time frames, the number of players on a team and the size of the goal compared to young players were all features that needed attention. Roo Ball features a reduced playing field, less players on a team and a reduced goal size. These modifications are aimed at ensuring all players have more contact with the ball.

# What's Needed to Play?

The minimum equipment needed to play a game of soccer is an inflated ball! It can be played just about anywhere such as oval, disused car park or the beach.

To play you need:

- BALLS:** Under eight year olds use a size 3 soccer ball.  
Under ten year olds use a size 4 soccer ball.
- BIBS:** Two sets of distinguishing bibs or plain T-shirts  
are very useful when dividing teams.
- MARKERS:** Young children need to have defined boundaries  
in which to work and a set of ten markers is  
ideal. Markers can be expensive, so empty ice  
cream containers can be used. Weight them with  
water or soil if necessary.
- PLAYERS:** Under eight year olds have six players with up to  
three reserves. Under 10's and 9's have nine players and  
up to four reserves. The interchange rule is employed.  
In all cases, one of the team is the goalkeeper.  
In a game situation all players must be on the field  
for at least half the game.
- FOOTWEAR:** Non-slip footwear is recommended. Football boots  
are not necessary and if the ground is dry and  
hard, football boots are, in fact, not  
recommended.
- SHIN PADS:** Shin pads are compulsory for all players.

Soccer equipment should be readily available at sports stores, large department stores or can be purchased from AUSSIE SPORTS Equipment, Delta Sports and Marketing.



# Why Play Soccer?

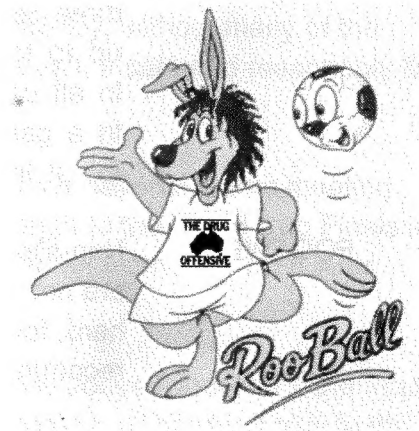
Soccer is the most popular sport in the world, played in over 150 nations, it is the true international code of Football. In every nation of the world you can make friends through this great game. The beauty of the game is its simplicity, both boys and girls can play the game in safety and continue to play throughout their life.

The game will not only aid physical development but will develop social skills through teamwork and cognitive development through decision making and communication.

# Why Play Roo Ball?

The Australian Soccer Federation strongly believes that adult pressures must not be imposed on the developing child. Roo-ball has been devised to give young players the maximum opportunity to participate in the game, to develop their ball skills and most of all to have fun and to continue to play soccer throughout their life.

Roo Ball will be played on a 'friendly' basis with no tables or trophies. All the research has shown that only adults care about these concepts. The children just want to play soccer and Roo Ball will allow this to happen.



# Coaching Courses

Many parents will end up as Roo Ball coaches and often may never have played the game. The Australian Soccer Federation has the aim that by 1995 every child who plays Roo Ball will be coached by a person who has attended at least a Level 0 course and hopefully a Level 1 course. The Australian Soccer Federation is developing the structure so that by 1995 a Level 0 course is compulsory.

The reason for this is that the Australian Soccer Federation cares about its young players and believes that every person who is in charge of young children has the responsibility to attend a course to learn about child development and basic skills of soccer.

The Level 0 course is only six hours long and soon a structure will be in place so that everybody will have easy access to a course. The Australian Soccer Federation believes that everybody, whether they be a Socceroo or a non-player, can benefit from coach education.

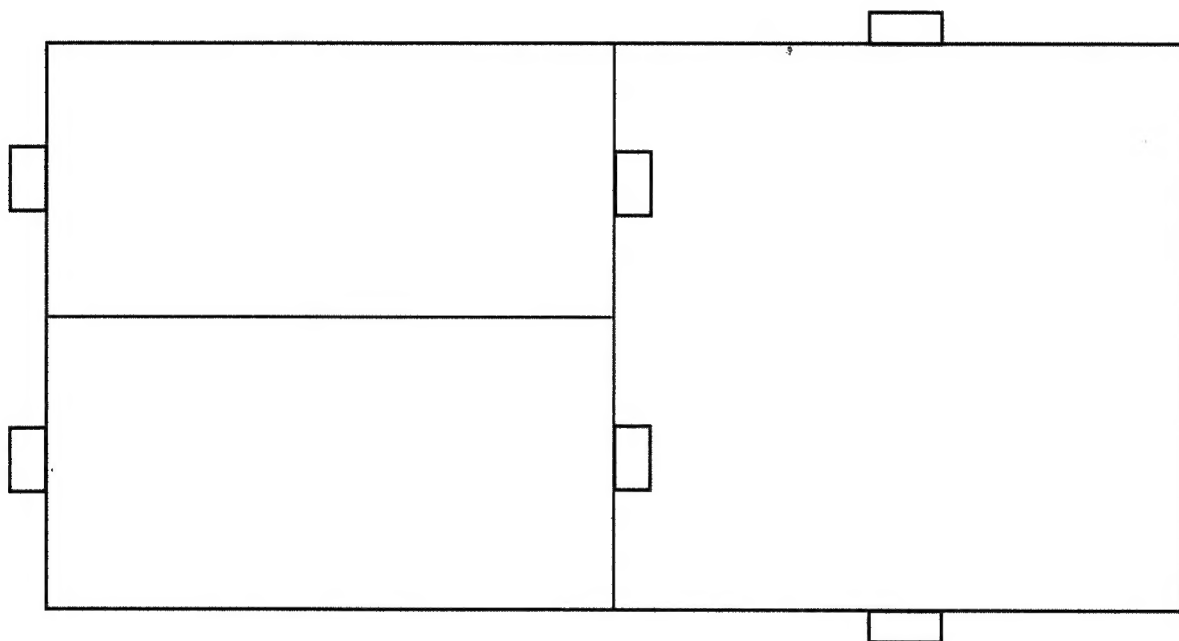
# How to play Roo Ball?

The aim of the game in Roo Ball is the same as senior soccer. To score in your opponent's goal.

## The Pitch

To ensure that Roo Ball can be easily played and very few special requirements are needed, the dimensions of a Roo Ball pitch can easily fit onto a normal soccer pitch. However Roo Ball can be played on any field or open area.

The diagram below shows how 3 Roo Ball games can be played on 1 normal soccer pitch. This means that a minimum of 42 players can be actively involved in playing soccer.



## Equipment

All you need to play Roo Ball is a soccer ball and some markers. If your club has portable small sided goals, that is a bonus. If Roo Ball is played without portable goals then corner posts or markers may be used as goals. The referee needs a whistle and the players must wear a similar shirt so you can see which team you are on. The basic Roo Ball equipment pack is enough to start and you can build on it as you progress. Players should however be encouraged to wear shin pads.

## **How many are there in a Roo Ball team?**

Under 8 - six players including a goal keeper

Under 10 - nine players including a goalkeeper

Each team can have up to 3 interchange players. Interchanging is encouraged to give everybody equal time and a chance for a supportive coach to help a young player.

It is encouraged that teams are either divided into equal age groups or skill groups and if necessary size.

The aim of Roo Ball is to have a fair game where everyone gets an equal share of kicking the ball, coaches are encouraged to rotate players so they don't think of themselves as defenders or goalkeepers but as Soccer Roo Ball players.

# **Roo Ball Rules**

## **The Ball**

Under 8 - Size Three Ball

Under 10 - Size Four Ball

## **Duration of the Game**

Under 8 - 2 x 15 minute halves

Under 10 - 2 x 25 minute halves

## **Penalties**

Penalties are given for fouls committed in the semi-circle. The kick is taken from the edge of the semi-circle at the centre.

## **Goal Kicks**

Goal kicks are taken from anywhere in the semi-circle.

## **Corners**

Corners are taken as in a senior game with the opposition being 6 metres from the ball.

## **Throw-ins**

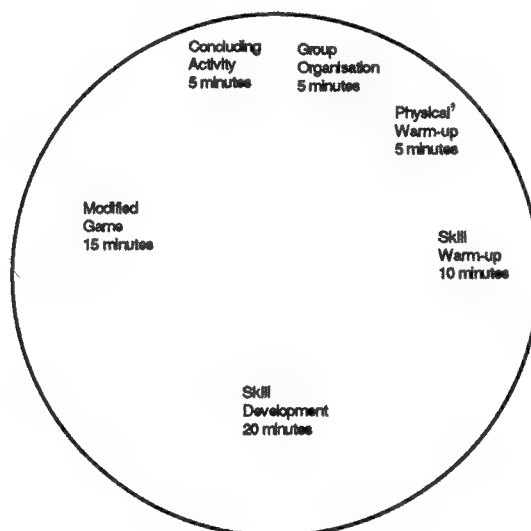
As this is often a difficult skill for a young players to learn, the referee must allow a young player at least two attempts to throw the ball in and if necessary show them the correct method.

# Conducting a Coaching Session

Aussie Sports Booklets have a short booklet on improving your skills to lead sports sessions. This booklet will give you valuable information about children's sports and how to conduct an effective coaching session. It is recommended that you also attend coaching courses as it is the best way to become a truly effective coach.

Here is a brief 'birds-eye' view to help you actually plan your coaching session.

The ideal coaching session for young players will last for between 45 and 60 minutes, depending on the age of the players. It is essential that you plan your sessions and the following diagram, based on a 60 minute session, will help your planning and ensure that your players have fun and learn necessary soccer skills.



It is essential that a coach plans each session. It will make it more enjoyable and profitable for the children and the coach will feel that they have achieved worthwhile goals. Each session must be varied and related to the ability of the child.

**Group Organisation** - Use this time to bring the players together. Talk to them about the session. It allows for latecomers or children who are fastening shoe laces and helps deal with administration.

**Physical Warm-up and Stretching** - Warming up is very important to avoid injuries. Do some simple exercises to stretch leg muscles and arm muscles. A short game of tag is an ideal warm-up for young players.

**Skill Warm-up** - Revise a skill taught in an earlier session and reinforce the key points as the players warm-up. Remember to use praise - and lots of it.



**Skill Development - Demonstrate** (or have someone else demonstrate) the new skill that you have planned for this session. Break the skill into parts if necessary but be sure to demonstrate it as a whole and at normal speed. Make sure everybody can see the demonstration and repeat it several times highlighting key points.

**Organise** the players so that practice is realistic. Start with the basic skill and work towards having the players end up practising the skill in a game-like situation. For example, if practising passing skills have the players pass to a partner over a short distance and then introduce a moving partner before introducing an opponent.

**Observe** all players so that you can praise good techniques and spot basic errors. Re-demonstrate if necessary.

**Coach** the players who need correction. Be sure to be positive and supportive. Emphasise what to do rather than what not to do. Shouting and criticising won't achieve anything!

**Modified Game** - Children will want to play a game so set aside some time where they can practise the skill in a game situation without too much instruction from the coach. Make sure that everybody is involved and not sitting out for long periods.

**Concluding Activity** - use this time to emphasise key points from the skill introduced in this session. This revision can be done whilst the players are doing some simple stretching exercises as a warm-down. Praise all the players and also use this time to talk about the next game venue and time, who will bring oranges and other equipment. Give out your newsletter if you have prepared one.

### **Remember**

- |                      |   |
|----------------------|---|
| <b>* DEMONSTRATE</b> | <ul style="list-style-type: none"><li>. repeat several times</li><li>. highlight key points</li><li>. be sure all can see</li></ul>                     |
| <b>* PRACTISE</b>    | <ul style="list-style-type: none"><li>. progress from simple to complex</li><li>. allow time for repetition</li></ul>                                   |
| <b>* OBSERVE</b>     | <ul style="list-style-type: none"><li>. use praise - not criticism</li><li>. position yourself so that you can see all players</li></ul>                |
| <b>* COACH</b>       | <ul style="list-style-type: none"><li>. be positive and supportive</li><li>. emphasise key points</li><li>. re-demonstrate skill if necessary</li></ul> |

# A Sample Soccer Coaching Session

<b>SOCCER COACHING SESSION PLAN</b>	
<b>Session Number:</b>	<b>Date:</b>
<b>THINGS TO PRACTISE:</b>	
<b>ORGANISATION:</b>	
<b>THE SESSION:</b> <ul style="list-style-type: none"><li>a) Group Organisation (5 minutes)</li><li>b) Physical Warm-up (5 minutes)</li><li>c) Skill Warm-up (10 minutes)</li><li>d) Skill Development (20 minutes)</li><li>e) Modified Game (15 minutes)</li><li>f) Concluding Activity (5 minutes)</li></ul>	

# Group Organisation

5 minutes of a 60 minute session

This time allows for the group to be brought together so that the coach can explain the session for the day and set the atmosphere. It also allows for the latecomers and players who may still be fastening shoelaces!

This period in the first few sessions will allow the coach to explain the use of the Grid System in which most of the skill development sessions will be conducted. The Grid System is explained later in this booklet and is expanded upon in Level 0 courses.

Here is an excellent game that may also be utilised to organise players into equal groups.

Organise the players to run around you in a circle of at least 10m radius. Similar to the game 'musical chairs', the players must get into teams of a size that you call out (if you call out 'four' the players must form teams of four. If there were 17 children there will be one 'odd person out').

The players can run backwards/forwards or turn around so that they do not stay in the same teams.

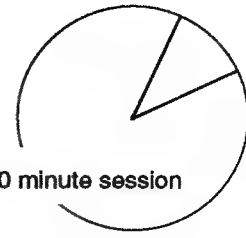
This is also a quick way of getting equal teams without the unfair situation where one player is always chosen last.



The scheduling and length of practice times and competition should take into consideration the maturity level of the players.

# Physical Warm-up and Stretching

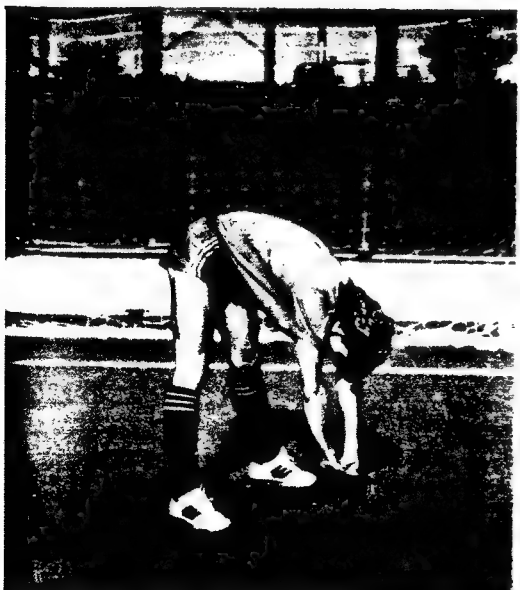
5 minutes of a 60 minute session



This period allows the coach to develop positive habits of warming up to avoid injuries.

The warm-up should consist of a slow jog, stretching exercises and a fun game. Variations of the ever-popular Tag are ideal as warm-up games.

## STRETCHING EXERCISES SUITABLE FOR SOCCER PLAYERS



Here are simple rules when stretching:

- . don't bounce
- . hold stretch for 15 to 60 seconds
- . stretches should not hurt
- . encourage deep breathing
- . don't make the exercises competitive between players
- . do a slow jog before starting stretches



This structure will help you develop a game of Tag but you can use your own version if you wish.

Place markers in a square measuring 10m x 10m (the markers can be shirts, cones or ice cream containers). Modify the rules to make your game even more challenging. For example:

- \* hopping on one foot
- \* hopping on two feet
- \* tagged only below waist
- \* tagged only with left hand
- \* tagged with two hands
- \* tagged when brought to the ground with a rugby tackle

### **Other Suitable Warm-up Games**

#### **Here, there, everywhere**

In this game the players jog around inside the grid . The coach calls out one of the three commands and the players must try and get to the zone as quickly as possible. 'Here' means the players run to the coach, 'There' and 'Everywhere' mean the players must run to a designated area.

#### **Snakes**

Players jog around the grid, touching each corner. On 'go' the last player must sprint to the lead of the line.

#### **Knee Boxing**

Players must find a partner and attempt to tap their opponent on the knee with their open hand.

#### **Toe Tapping**

In pairs, players try to tread on their opponent's toes.

## **Skill Warm-up and Skill Development**



The following skill areas are considered to be the basic techniques of soccer and may be used for either the Skill Warm-up or the Skill Development sections of your coaching session.

The key coaching themes are:

**DEMONSTRATE - ORGANISE - OBSERVE - COACH - PROGRESS**

# Passing 1



## Organisation

Form pairs and collect one ball. Stand in grid formation. Pass the ball to each other, stop it and return to each end. Progress to one touch of the ball.

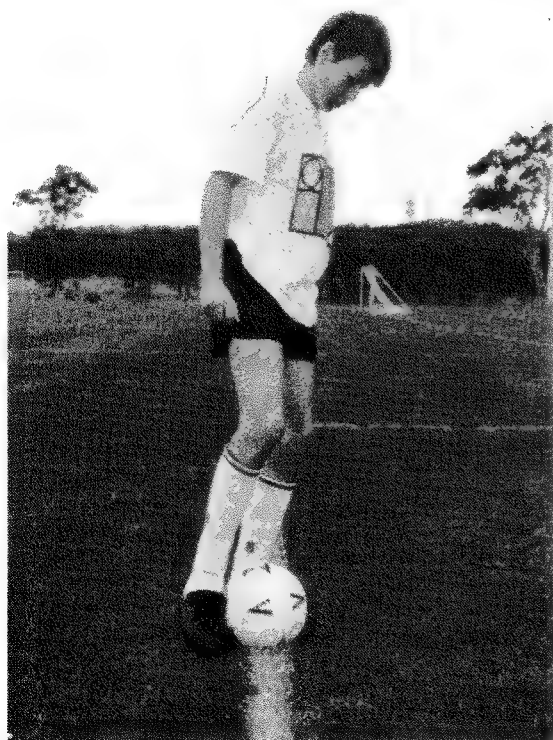
### Coaching Points

- . demonstrate how to pass
- . use the inside of the foot (the stripes on the boot)
- . kick the centre of the ball
- . kick with a firm ankle and follow through
- . practice with both feet

### Coaching themes

- . accuracy of the pass
- . speed of the pass

# Passing 2



## Organisation

Form groups of four. One is the defender and the others must try to keep the ball away from the defender. Progress to two on one.

### Coaching Points

- . demonstrate the practice
- . players must try to run after the pass is made to make a good angle to receive the next pass
- . pass into a team mate's path
- . look one way, pass to the other

### Coaching Themes

- . speed of the pass
- . passing angles
- . deception of the pass

# Controlling



## Organisation

Form pairs and collect one ball. Kick the ball along the ground to the partner who must control the ball before returning it. If passes are not accurate, have one player throw the ball to partner. Swap over after set number of turns.

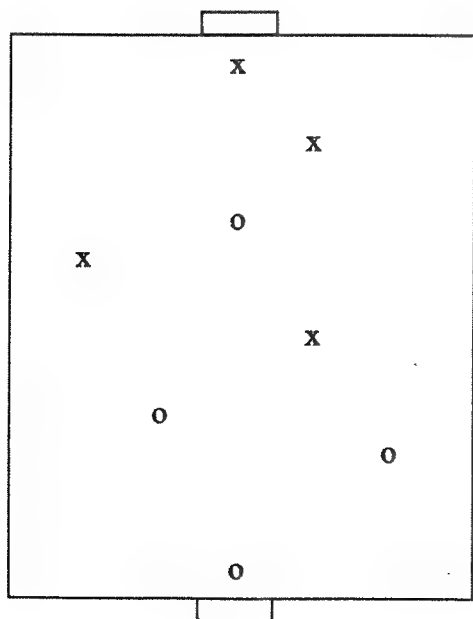
### Coaching Points

- . demonstrate how to control the ball
- . use the foot
- . use the thigh
- . use the chest

### Coaching Themes

- . stand on toes ready for the ball
- . move into the line of flight of the ball
- . relax the controlling surface

# Controlling and Passing



## Organisation

Set up goals at either end of a small pitch. Form groups of eight for a game to illustrate the coaching points of passing and controlling. Play three on three with a goalkeeper.



# Heading



Don't spend too long on this skill as inexperienced players can develop headaches due to poor techniques.

Deflating the balls slightly is a good idea when you introduce heading.

## Organisation

Form pairs and collect one ball.

Have each player pull back their hair from their foreheads and mark with a wet cross the correct spot to contact the ball for a header.

Serve the ball to partner by gently throwing.

Increase the distance between pairs and swap headers.

## Coaching Points

- . keep the eyes open
- . close mouth
- . head the ball, don't let it hit you
- . feet should be shoulder-width apart
- . tense neck muscles

# Dribbling



## Organisation

Make a grid and have a large number of players inside. Each player has a ball.

Players dribble freely.

## Coaching Points

- . have players use inside and outside of both feet
- . change pace
- . change direction
- . keep the head up to look for team mates
- . emphasise improvement

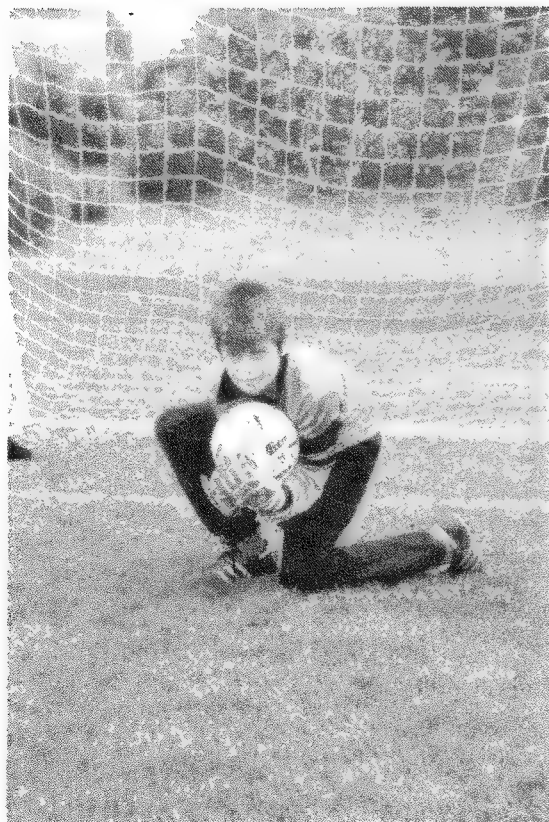
## Coaching Themes

- . play dribble/possession, kicking each others ball out of grid
- . apply principles in a 1 on 1 situation, encourage 'magic'





## Goalkeeping



### Organisation

Set up the grid as in the earlier drill.

The coach calls out a number and throws the ball between the two players. One on one situations occur with tackling, dribbling and shooting.

### Progression

Repeat the drill but this time have two on two situations.

This drill can be used to illustrate the correct throw-in technique.

### Organisation

Set up grids of 10m x 10 m.

Form pairs with one ball between the two players.

Serve the ball by hand in all drills.

Decide which of the pairs will begin as goalkeeper (GK). After a set number of turns swap players.

#### Coaching Points

- . double cover
- . use foot movement rather than diving
- . catch the ball whenever possible

#### a) Ground Shot

Roll ball along ground to Goalkeeper. The GK must go down on one knee so that this knee is almost touching the Achilles of the other leg. The knee must not point towards the ball. A long barrier is formed.

The GK's trunk is towards the ball. The hands are placed under the ball and it is scooped into the chest area.

#### b) Waist Shot

Throw the ball a metre to either side of the GK. The GK must be bouncing on toes to make the quick movement necessary to get into line behind the ball.



#### c) Balls above the Head

Throw the ball above head-height of the GK.

The GK must catch the ball with hands placed in the 'W' formation.

When jumping off one foot, raise the knee of the other leg for balance.

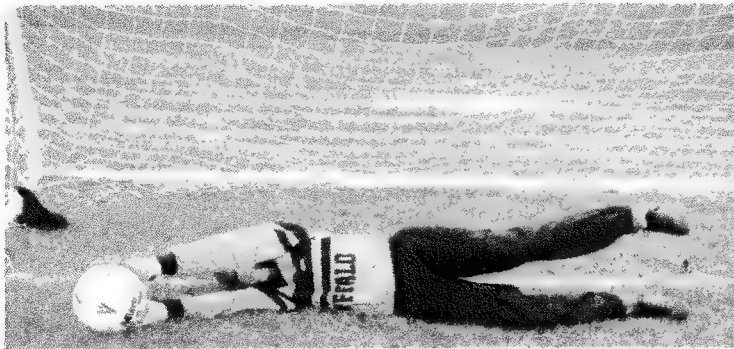
Bring the ball to chest area.

#### d) Ground Dive

Demonstrate how to dive.

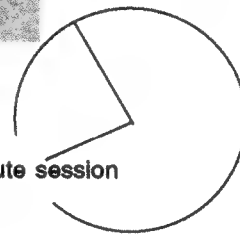
When the dive has been made the GK should stay in the prone position on the side of the trunk/thigh/calf.

The ball is again brought into the chest area.



## Modified Game

15 minutes of a 60 minute session



Players come to training to play a game. Ensure that they do have time to play a game without direct instruction. The emphasis should be on modified games where maximum participation is possible. Ensure that no player sits out.

The aim of this section is to show an organisational format and allow the individual coaches/teachers to apply their own ideas to the format.

### 1. INDIVIDUAL BALL TRICKS

Try some of these tricks:

1. Flick up with heels and catch
2. Slice up with toes and catch
3. Throw high and catch on a dead foot
4. Trap with bottom
5. Ball juggling using different parts of the body

These tricks can also be added to relay races and some examples are given in the next section.

## 2. RELAY RACES

Players enjoy relay races and it gives a chance to obtain a great deal of dribbling yardage, also each player irrespective of ability obtains a 'fair go'.

Have more teams with fewer players than less teams with larger numbers. This will mean that each relay team member is actively involved more often.

### Organisation

X	X	X	X
X	X	X	X
X	X	X	X
X	X	X	X

20 metres

### Ten examples for Relay Drills

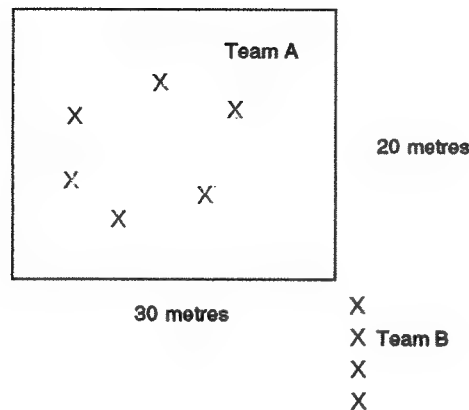
Try these relay drills. The ball tricks refer to the tricks in the previous exercise.

- (a) Dribbling to line and back
- (b) Dribbling to line, ball trick No 1 (Flick up with heels and catch) and return
- (c) Dribbling to line, ball trick No 2 and return
- (d) Dribbling to line, ball trick No 3 and return
- (e) Dribbling to line, ball trick No 4 and return
- (f) Dribbling to line, ball trick No 5 and return
- (g) Dribbling to line and run around ball three times
- (h) Dribbling to line, push up on ball
- (i) Dribbling to line, three headers
- (j) Dribbling to line, return ball between legs



### 3. SOCCER ROUNDERS

Set up a grid around 30m x 20m. Form two teams of equal numbers. One team (team A) is positioned inside the grid. The other team (team B) lines up at one corner of the grid.



Team A in the centre of the pitch tries to obtain as many passes/headers in a circular fashion, and keeps count until Team B is completed.

Team B dribbles a ball one by one around the outside of the markers until they have all been once. The teams then change.

Teams stop and the winner is the one with the most passes.

### 4. CIRCLE BALL

Form groups of six to eight players. Players form a circle.

Try any of these games:

- (a) keeping the ball off a player in the middle
- (b) the player with the ball calls a name, passes the ball and immediately follows the ball.
- (c) players pass the ball around the circle while one of the group runs around the circle.

### 5. ONE GOAL GAMES

Players form pairs. One pair act as server and goalkeeper. These positions are rotated after a goal has been scored.

Set up goals with markers.

Each pair tries to score the goal.

Try these variations:

- (a) partners must hold hands
- (b) only the left foot can be used
- (c) one partner piggy-backs other



## 6. DRILL RELAYS

Form groups of six to eight.

Players line up as in the diagram.

The ball is passed to the player at the front of the opposite queue.

The player who passed the ball must run at the requested speed to the back of the opposite queue.

x  
x  
x  
x

x  
x  
x  
x

Try some of these variations:

(a) two touch control and pass

(b) one touch

(c) control with left foot, pass with right

(d) repeat with other feet

(e) control with outside of the foot, pass with inside

(f) control and chip pass

(g) two balls and swap

(h) develop wall pass

## 7. SOCCER TENNIS

Form two equal teams and set up a court like volleyball or tennis.

The ball is allowed to bounce only once as in tennis. Each player in the team is allowed as many touches as necessary before the ball is returned over the net.

Scoring is the same as in volleyball - that is points can only be won on the serve.

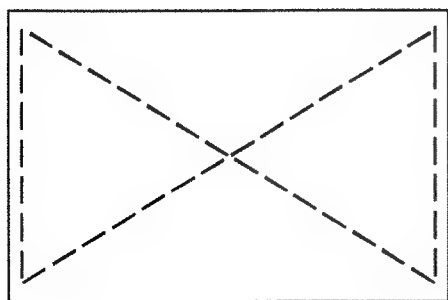
### Ball Practises

These are important guides to technique where individual guidance can be given.

#### 1. Long - short - long - short passing in a figure of 8 pattern

Form groups of four with a ball for each group. Players stand on the corners of a grid 25m x 15m.

The ball is passed in a figure of eight with the long passes being kicked in the air and the short passes made along the ground.



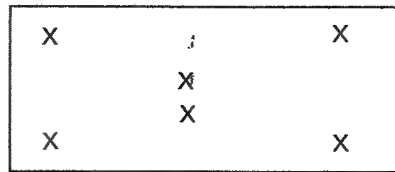
Try variations using:

(a) two touches

(b) one touch

2. Form groups of six with six each group having two balls. Four players take up positions on the corners of the grid and two players stand in the middle.

This drill practises passing and turning. The ball is passed to the centre player who must turn before returning.



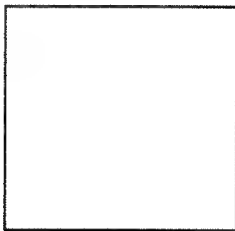
### 3. CIRCLE BALL

Form groups of between seven and nine players who make a circle. This formation can be used for a variety of ball practices including:

- (a) pass and run
- (b) keeping off player in the middle
- (c) pass and sprint around circle
- (d) varieties of two ball, two player and one touch drills

### 4.KEEPINGS OFF

Set up a grid and divide players into groups of six to eight. The players further divide into two equal teams. Teams try to keep the ball off the opposition team.



## Conditioned Games

These games are useful as a variety to training and to emphasise a coaching point. They can be played in small teams. It is essential that the condition is enforced. Also be patient!

The coach can vary the drills by changing the rules. For example, try some of these variations:

- (a) one touch
- (b) two touch
- (c) ball must be played forward
- (d) ball must be played forward with two touch
- (e) run 10m before a pass can be made
- (f) beat a man before a pass can be made
- (g) left or right foot only
- (h) have to receive a pass side on or facing your own goal
- (i) player who passes the ball must get in front (overlap) of the player before they can pass it
- (j) all passes either over or under 10m

# Concluding Activity

5 minutes of a 60 minute session

The coach should use this brief time to:

- . develop warm-down habits
- . emphasise the key points from the new skill learnt
- . praise the players
- . organise the collection and putting away of equipment
- . provide information of the next coaching session or the next game (date/venue/time).



# Using the Grid System for Drills

The basic skills of soccer as taught on the Level 0 coaching course are taught using the grid system. This system allows the young players to practice relevant skills in a closed environment ensuring that repetition is possible. The grid system also permits the coach to come into contact with all the players and give individual attention.

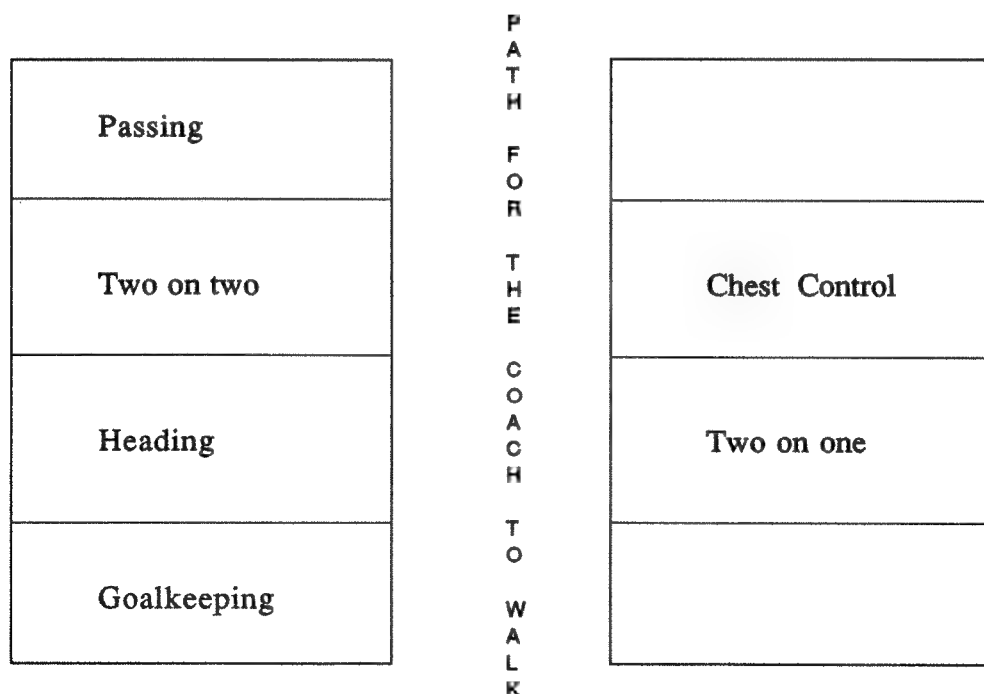
Grids can be set up quickly by using markers, player's clothing or ice cream containers. Avoid the use of sticks or cricket stumps as these may cause injury if a player falls on one.

## Using the Grid System

**STEP 1 -** The basic formation is 10m x 10m square

In this grid, passing drills can be developed and even two on one or two games initiated.

**STEP 2 -** On a larger scale the whole team or more can be organised. All the players can be asked to perform the same skills or asked to rotate.



The Level 0 coaching syllabus is taught in the Grid System and the staff coaches will give further examples of how to manipulate the grids.

# Common Terms in Soccer

**Attacker** - a player whose main task is to attack in the opponent's half of the field.

**Centring the Ball** - passing the ball from one side of the field to near the goal.

**Clearing the Ball** - passing the ball away from your own goal.

**Defender** - a player whose main task is defending - usually a back.

**Dribbling** - running with the ball in close control.

**First Time Pass** - playing the ball without first stopping it.

**Free kick** - a kick awarded to a team because of an infringement by the opposing team.

Opposition players must be a set distance away from the kick and a goal can not be scored directly from the kick.

**Goalkeeper** - the only player permitted to handle the ball but only in the penalty area.

**Goal Line** - the boundary line at the end of the field.

**Goal Mouth** - the area immediately in front of the goal.

**Indirect Free Kick** - a free kick that must touch another player before a goal can be scored.

All free kicks in Roo Ball are indirect.

**Kick-off** - the method of starting the game or restarting after a goal has been scored. The kick-off is taken from the mark at the centre of the field.

**Marking** - a defender guarding one or more attacking players.

**Own goal** - a goal scored for the opponents by the defending team playing the ball into their own goal.

**Penalty Area** - the area marked in front of the goal line. It is inside this area that the goalkeeper is only allowed to handle the ball with arms or hands.

**Pitch** - the traditional name for the soccer field.

**Save** - a successful effort made by the goalkeeper to stop a goal-scoring attempt by the opposition.

**Side-line or Touch-line** - the boundary line at each side of the field. A ball completely crossing this line is put back into play by a throw-in. A ball on the line is considered to be in play. A player may play the ball from beyond the side-line provided the ball is in play.

**Square Pass** - a pass made across the field.

**Strikers** - front line players with responsibilities to score or 'strike' at goal.

**Through Pass** - a pass directed towards the goal.

**Wing** - an area of the field running alongside the side-line or touch-line.

**Wingers** - front line players mainly responsible for playing the wing in the opponent's half of the field.



# Safety Considerations

Being safety conscious is extremely important for the Soccer coach. There are simple measures to adopt that will help your sessions be safer and minimise the chance of injury to the players.

- \* **Check the playing area** - make sure there are no obvious obstacles on the ground. Look for holes in the ground from underground sprinklers for example.
- \* **Talk to players about safety** - talk to your team about the need to follow your safety rules and remember to consistently enforce your rules.
- \* **Don't**     ... use sticks or stones to mark grids  
              ... let players practise inappropriately dressed
- \* **Warm-up before starting** - don't ignore the warm-up session
- \* **Use the Grid System** - using grids not only allows you to have players in manageable areas but the system is a definite safety measure. Grids can be permanently marked or marked using cones or used ice-cream containers.

## FIRST AID SUGGESTIONS

- \* **A recognised first aid course** is a valuable aid and all coaches should have a first aid kit handy.
- \* **Nose bleeds** - pinch the soft part of the player's nose and have the player sit down with the head forward. The player should remain still even after the bleeding has stopped. If bleeding hasn't stopped within 30 minutes seek medical advice.
- \* **Fractures and Dislocations** - it is sometimes hard to tell the difference between a dislocation and a fracture so they should be treated similarly. Support the player's injured limb and apply ice or ice pack for 20 minutes. Seek medical attention immediately. **Do not move a player if you suspect spinal damage.**
- \* **Injuries to teeth** - replacing a tooth immediately is very important as this action may save a tooth. Wash it in milk if it is dirty but if that's not available a short rinse under very gentle water is acceptable. Put the tooth into the socket and have the player bite on a firm padding until a dentist can be seen. If you can not replace the tooth take it to the dentist in milk or in plastic wrapping.
- \* **Sprains** - sprains are very common and occur when ligaments or soft tissue around joints are suddenly wrenched. The injury is sometimes similar to a fracture so the treatment is similar and involves applying advice and elevating the injured limb. Apply a firm bandage and seek medical attention.

\* Facial and Eye Injuries - apply ice packs to injuries on the face and seek medical advice as soon as possible. For injuries to the eye, cover with a clean pad or sterile dressing and seek medical attention.

\* Lacerations - if there is major bleeding it is important that it be stopped as soon as possible. This can be done by applying pressure with a dressing or hand if necessary. Immobilise the injured limb and reassure the player. Seek medical attention immediately.

If the bleeding is minor it is likely that it will stop naturally. Clean the wound and apply some antiseptic liquid or cream before covering with a dressing. If the bleeding does not stop or if you suspect other injuries seek medical attention immediately.

Whatever the injury, be sure that you tell the player's parent either personally after training or by phone call. Complications may develop later and it is important parents are informed.

**Coaches are strongly urged to further their knowledge of first aid by attending an approved first-aid course or sports injury course.**



# NCAS Courses

The Australian Soccer Federation, through its National Coaching Scheme, runs accredited coaching courses from Level 0 to Level 3. If you are a beginner coach, it is highly recommended that you take a coaching course so that experts in the game can guide you into making coaching soccer fun for both yourself and the young players.

## THE NATIONAL COACHING COURSE

The aim of the scheme is to provide for the improvement in the skill of players of all ages and abilities. To achieve that, instructional courses for the coaches of the players are presented. Each course is designed for the needs of coaches working at various levels.

Level 0 is part of the AUSSIE SPORTS Coaching Program and is an introductory course for those wishing to understand the principles involved in organising Roo Ball and junior soccer.

The course is a total of six hours. There are no examinations and an attendance certificate is provided.

Level 1 is for those who need to learn how to organise very young players with enjoyment and satisfaction as the major objective.

They are especially suited for those with little or no practical experience of the game. Most of the instruction is by lecture demonstrations with some time spent on gaining the knowledge and skill required to organise very young players to play the game.

The course is for a total of 14 hours. There are no examinations and an attendance certificate is provided.

## Further Reading

The following books are recommended for the beginner coach to take their knowledge a stage further:

Tindall, R. - SOCCER FUNDAMENTALS  
Darby, S. - GOALKEEPERS' HANDBOOK - NCS  
Hugg, P., Brogan, M. & McLatchey, C. FITNESS FOR SOCCER - NCS  
AUSSIE SPORTS - COACHING MANUAL - ACHPER  
Worthington, E. - BHP COACHING MANUAL - Australian Soccer Federation  
Nettleton, B & Smith, R. - SOCCER FOR TEACHERS, COACHES AND  
PLAYERS - Rigby

# Contacts

**If you wish to know more about soccer in your area, contact:**

Australian Soccer Federation  
1st Floor,  
23-25 Frederick Street  
Rockdale, NSW 2216  
(02) 5976611

Australian Women's Soccer Association  
ACT Sports House  
Maitland Street  
Hackett ACT 2602  
(06) 248 5834

## **State / Territory Soccer Organisations**

NSW Amateur Soccer Federation  
(Men's and Women's)  
PO Box 175  
TOONGABBIE NSW 2146  
(02) 629 2833

NSW Soccer Federation  
(Men's and Women's)  
482 Meurants Lane  
PARKLEA NSW 2148  
(02) 629 1800

Northern NSW Soccer Federation  
PO Box 156  
ADAMSTOWN NSW 2289  
(049) 526388

Tasmanian Soccer Federation  
PO Box 371  
GLENORCHY TASMANIA 7010  
(002) 72 9748

Victorian Soccer Federation  
52 Fitzroy Street  
ST KILDA VIC 3182  
(03) 537 2533

ACT Soccer Federation  
PO Box 405  
CANBERRA ACT 2601  
(06) 248 0614

SA Soccer Federation  
PO Box 110  
HINDMARSH SA 5007  
(08) 340 0688

Darwin Soccer Association  
PO Box 750  
DARWIN NT 0801  
(089) 85 4666

S.A.W.A.  
P.O. Box 121  
JOLIMONT WA 6014  
(09) 387 2298

Queensland Soccer Federation  
Perry Park, Abbotsford Rd  
MAYNE QLD 4006  
(07) 52 5327

## **APPENDIX**

The following pages may be used by a coach as a hand out to young players to either give them some homework or to extend the keen players.

### **THE PATH TO THE TOP IN SOCCER**

Many boys and girls play soccer just for fun but some want to go on to play for Australia. The charts below show how you can go from your primary school to become a Soccerroo.

Boys	Girls
Primary Team	Primary Team
High School Club Team	High School Club Team
State Team	State Team
Australian U'17	Australian U'16
Australian U'20	Australian U'19
Australian Olympic U'23 Team	Female Soccerroo
Soccerroo	

One of the reasons why soccer is so popular is that every country in the World plays the game and there are World Cup held every four years.

Why don't you see if you can climb this ladder from school to Soccerroo.



## POSITIONS ON THE FIELD

There are many different names to the positions on the field in soccer but there are four main areas.

**GOALKEEPER:** the only player who is allowed to use their hands and usually stays in the penalty box.

**DEFENDERS:** players whose main job is to stop the opposition scoring and defend their goal.

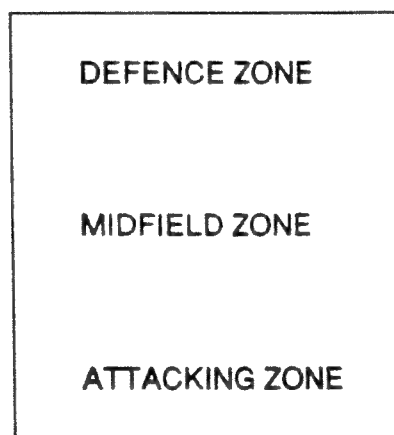
**MIDFIELDERS:** players who play in the middle of the pitch and run with the ball between attack and defence.

**ATTACKERS:** players whose main job is to score goals.

When first playing soccer it is essential that you try all the positions so that you can decide which one you enjoy the most. Have a go! Don't get stuck in one position.

Try them all but remember the same basic soccer skills apply to every position on the field.

Soccer players  
can be all rounders  
like cricketers



A soccer pitch can be divided  
into 3 zones where the basic  
positions play.

## **HOW TO JOIN A SOCCER TEAM**

You may be playing for your school soccer team and you want to play more soccer for a club. How do you do this?

**STEP 1:** talk to your parents and see what they say. Remember a club may train a long distance from your home and it may be at a time you are not used to.

### **TRY TALKING TO YOUR MUM AND DAD AT TEA**

**STEP 2:** To join a club means that you are growing up and it means you have to make a commitment to training. This might mean you miss your favourite TV show or it might mean less time for homework.

### **SOCCER , TV OR HOMEWORK ??**

**STEP 3:** ask your parents to look up the local soccer association in the phone book and get them to find out the nearest soccer club to your house. Find out when they practice and the name of the team coach that you would like to play for.

**STEP 4:** Go to the training with a parent, meet the coach and join in with the players.

If you have fun join the club.

Every year thousands of boys and girls all over Australia join a club. Why don't you try it soon.

There are over 5000 soccer clubs in Australia how many can you name?

## **SOCCER QUIZ**

Test yourself on your soccer knowledge. Some of the answers are in this book, others you will have to search or ask for. There is one mark for each question.

20:	Soccer Expert
15 - 19:	Excellent
10 - 14:	Good
Below 10:	Room for improvement

1. Name 4 soccerroos, 2 male and 2 female
2. Name the ancient football game played in China
3. Who is the coach of the male soccerroos?
4. How often is the Soccer World Cup played?
5. What male soccer team is called the Joeys?
6. What does A.W.S.A. stand for?
7. How far away must you stand when there is a free kick to be taken by the opposition?
8. What is the diameter of the centre circle?
9. In what year did Australia reach the World Cup finals?
10. What was the name of the first club in Australia?
11. Which Australian player holds the record for scoring the most goals in a World Cup game?
12. Name two pieces of equipment that are compulsory to wear when playing soccer?
13. Name two National Soccer League clubs?
14. Name three goalkeepers (male or female) who have played for the Soccerroos?
15. What does A.S.F. stand for?
16. Are there any differences in the rules for male and female soccer?
17. Name the first Australian born player to play for England?
18. Who is the captain of the female Soccerroos?
19. What is the official who blows the whistle in Soccer called?
20. Name the Australian player who scored for Liverpool in the FA Cup Final?

# **AUSSIE SPORTS**

## **CODE OF BEHAVIOUR FOR YOUNG SOCCER PLAYERS**

You will enjoy soccer far more if you do not cheat and your opponents do not cheat. Read these simple rules and try to stick to them. The best Socceroos apply these rules to the game.

- \* Never argue with the referee. They are there to help you and do not care who wins the game.
- \* Keep your temper. Shouting or bad language will not help you become a better player.
- \* Always give your best for your team, never give up or sulk.
- \* Be a good sport, shake hands after the game and thank the referee.
- \* Treat other players like you would like to be treated. You don't like to be fouled, so don't foul other players.
- \* Listen to your coaches - they are there to help you.
- \* Play by the rules of soccer

Coaching Soccer has been prepared in response to many demands from teachers, parents and coaches who are coaching soccer for the first time or those who want to improve their knowledge of the sport.

Even though Roo-ball is a modified version of Soccer not all of the very many books on Soccer are suitable for the new coach. Many are far too technical and difficult for a beginner to understand.

This book is just about Roo-ball (although the Soccer Coach will find it very useful) and has been reviewed by several accredited coaches, all of whom have had a great deal of experience with Roo-ball, Soccer and young players.

Coaching Soccer is packed with valuable information including:

- . basic mini soccer rules
- . lots of activities and modified games
- . information on conducting a coaching session
- . coaching hints including photographs
- . basic safety first procedures
- . a helpful glossary
- . information on NCAS Courses for the coaches who want to further improve their skills



# **Coach's Notes**

This book has been produced with the assistance of  
the Australian Sports Commission

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